

Food for Thought

Vol 29, No 10

a monthly newsletter of East York Meals on Wheels
providing good food and social support through caring volunteers

October 2018

Changes on our Board of Directors

We have been working to fill the vacancy on the Board of Directors that arose when Richard Stamper resigned in May of 2018. Over the summer, another vacancy arose when Treasurer Sukhanpreet Dhanotta tendered her resignation.

We are sorry to see Sukhanpreet go, but understand that since her business office moved to Vaughan, and since she lives in the west end, making it to meetings became difficult. We very much appreciate her service over the past three years, and we thank her for her efforts in finding another accountant to serve on the Board.

At the September meeting of the Board, directors elected two new members. We are happy to introduce Thomas Moores and Vashni Naidoo.

Thomas is a graduate of Wilfred Laurier University where he earned a Bachelor of Business Administration. He is currently in the process of obtaining his CPA. He works as an accountant/auditor at KPMG LLP where he works with clients from a variety of industries including the not-for-profit sector. He has volunteered with Me-to-We and with Habitat for Humanity both locally and internationally. Thomas brings an awareness of our services gained through family experience and a real enthusiasm for our work. He is personally recommended by our outgoing Treasurer and we are pleased to welcome him to the Board.

Vashni is the owner of The Business Bloodhound, providing consulting services in investigative and forensic accounting and organizational performance improvement. She was previously Senior Finance Manager of SuperSport International, a sports broadcaster in Johannesburg, South Africa. Vashni was educated as a CPA, CA at McMaster University and the University of South Africa. She has volunteered with the Elizabeth Fry Society and the SPCA. She has also volunteered teaching ballroom and Latin dancing to less privileged young adults at various community centres in South Africa. We are confident that we will benefit from her extensive finance experience. Welcome Vashni!

These elections bring the Board of Directors to full complement.

People and Health in Thorncliffe Park

The Thorncliffe Park Community Health Hub will open in January 2020. It will provide health and social services for 23,000 residents. The hub is designed to provide greater access to care in Thorncliffe Park. Especially for patient populations that experience barriers to care such as, newcomers to Canada, seniors, at-risk youth,

people experiencing poverty, non-insured patients, and people with mental illnesses. A new space at the East York Town Centre will be renovated and built with services in one central location. Services will include: comprehensive primary health care, chronic disease management, newcomer services, mental health care, maternal reproductive health care and newborn, child and youth services.

Thorncliffe Park has the highest proportion of children and youth in East Toronto and a relatively low proportion of seniors. It is interesting to note that 41.4% of those seniors live alone.

Happy Birthday



Donald Bensley, Ken Campbell, Jaloo Cooper, Joyce Crook, Gail DiModugno, Margaret Esse, Pat Fleischman, George Hart, Roy Linden, Jennifer Mills, Al Norley, Sharon O’Flaherty, Jane Anne Ray, Stephanie Sidey, Gwen Smith and Ilka Surbek. Congratulations!

A Timely Reminder

Daylight Saving Time ends on Sunday, November 4, 2018. Before you go to bed on Saturday, November 3rd, remember to turn all your clocks back an hour. Change the batteries in your smoke and carbon monoxide detectors too. Find your snow shovel.

Foot Care Clinics
Thursdays, October 18th &
December 20th at noon. \$35 fee.
Call our office to book an appointment.

October Volunteer Anniversaries

Margot Bolin	2 years
Jill Godin	4 years
Renee Godin	4 years
John Irvine	5 years
Jodi Johnson	1 year
Velma Ko	13 years
Kathy Mclay	1 year
Corinne Papania	12 years
Natalie Richards	4 years
Earl Saltzman	11 years
Linda Sinclair	2 years
Marg Underhill	4 years
Derek Withers	19 years

These thirteen dedicated souls have given 8,250 hours of their valuable time. That is roughly the equivalent of a staff member working full-time for more than 4 1/2 years and never taking a vacation or a day off sick! Thanks to you all for your incredible contributions to this community.

Meals on Wheels Holiday Notice

We will deliver Meals on Wheels as usual on Monday, October 8th, but the office will be closed for the Thanksgiving holiday. Frozen orders for delivery the week of October 8th must be received **before noon on Thursday, October 4th**. Changes to hot meal orders for Tuesday October 9th, must be made before noon, Friday October 5th. Happy Thanksgiving!

On Sunday October 7th, we will be serving a traditional turkey dinner, including pumpkin pie! We suggest you invite friends or family to join you and order extra meals.



October Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
1	2 Longo's <i>Grocery Shopping</i> <i>See below</i>	3	4 St. Clair O'Connor <i>movie: Bombshell, the</i> <i>Hedy Lamar Story</i>	5
8	9 Stan Wadlow <i>Bingo!</i>	10	11 Watts Restaurant	12
15	16 Swiss Chalet	17	18 Rise and Dine	19
22	23 East York Acres <i>Horse Races!</i>	24	25 Leaside United Church <i>East York History with</i> <i>Colleen Peacock</i>	26
29	30 Rise and Dine	31	1 St. Clair O'Connor <i>Golf!</i>	2
5	6 Longo's <i>Grocery Shopping</i>	7	8 Watts Restaurant	9

A New Location!

We are delighted to inform you that we have a new Diners Club location. We will be replacing the now-closed Golden Griddle, which was held on the first Tuesday of each month, with Longo's on Laird Drive.

Diners Club lunches will be held in Corks Restaurant, on the second floor. There is an elevator and washrooms are also located on the second floor. Lunch will be served buffet style and will include a salad, protein, vegetable and coffee or tea. The menu will change each month. Longo's staff will be on hand to assist with service. The fee for this lunch will be \$10.25.

There will be an opportunity to do some grocery shopping after lunch so bring your shopping bags.

Know Your Ward

The Municipal election takes place on Monday, October 22. However, you can vote at advance polls from October 10 to October 14. Advance poll locations appear on your Voter Information Card. Your new Ward numbers are as follows: Don Valley West (which includes Leaside, Bennington and Thorncliffe) is Ward 15. Toronto Danforth (old East York) is Ward 14. Beaches-East York is Ward 19.

Board of Directors

Donald Wallace, president
Neil Gray, vice-president
Michelle Broom
Anne Erickson
Thomas Moores
Vashni Naidoo
Justin Safayeni
Earl Saltzman

Director Emeritus

Carl Peterson

Honorary Life Members

Edna Beange
Alan Redway

Staff

Anne MacNeill, Executive
Director, Privacy Officer
Jasmine Dennis & Tuesday
Sandiland, Sunday & Holiday
Coordinators
Mary Skwarek, Diners Club
Coordinator
Leslie Smith, Client Services
Coordinator
Mark Trusz,
Administrative Assistant
Amber Wollen, Meals on
Wheels Coordinator (on leave)
Canny Wu, Acting Meals on
Wheels Coordinator

East York Meals on Wheels is a not-for-profit community service agency providing good food and social support through caring volunteers to enhance the well-being of East York residents. Founded in 1969, the agency is funded by client fees, memberships, donations, bequests, the Toronto Central Local Health Integration Network, and Toronto Community Services and is a registered charity (#: 12913 9366 RR0001). The agency is a member of Imagine Canada, the Ontario Community Support Association, and the Volunteer Centre of Toronto.

Through the generosity of donors and volunteers, over 500 people living in this community benefit from Meals on Wheels, Diners Club, and Telephone Reassurance services. We appreciate their contributions, which help seniors, people with disabilities and chronic illnesses, and convalescents to lead more independent and fulfilling lives. Please consider East York Meals on Wheels when making a memorial donation, celebrating a special occasion, or leaving a bequest.

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Please send me information about...

- EYMOW services
- volunteer opportunities
- memorial gifts/leaving a bequest
- other
- I would like to become a member of EYMOW. (\$25 annual fee)
- I wish to make a donation to support the work of the agency.

Here is my donation membership of \$200 \$100 \$75 \$50 \$25 _____

I have enclosed a cheque I prefer to charge my donation to Visa Mastercard

Card number _____ Expiry date _____

Signature _____

Name _____ Address _____

Phone _____

Thank you for your support!